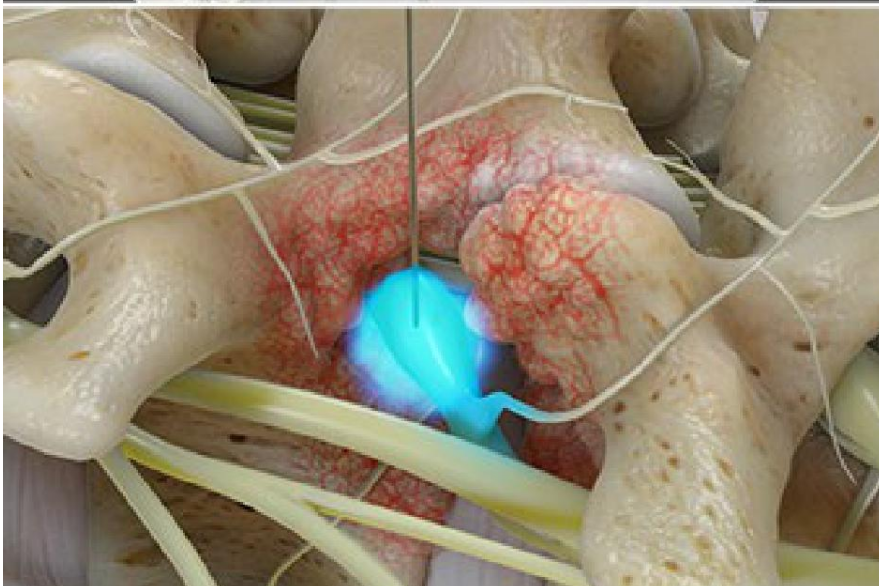
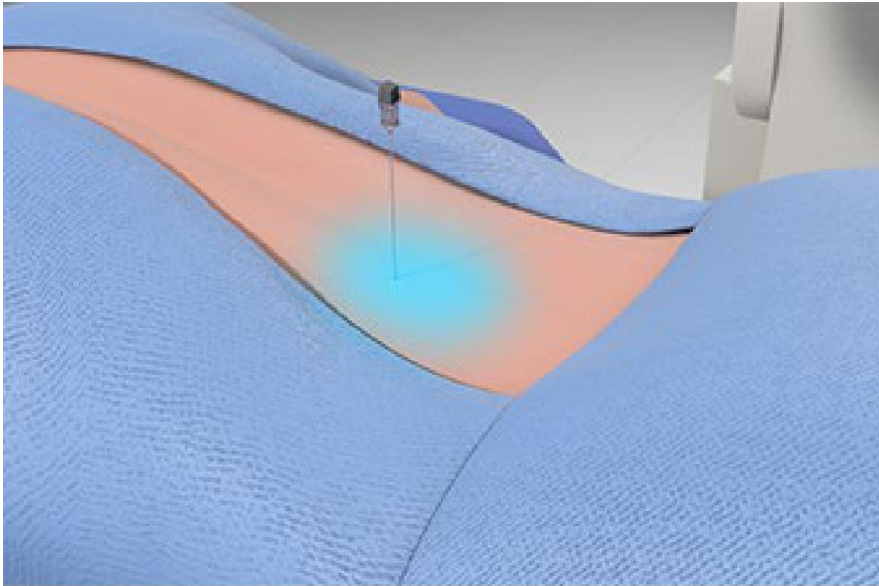




Selective Nerve Root Block (SNRB) in the Lumbar Spine



Overview

This injection targets a painful nerve in your lumbar spine. It helps your doctor find which nerve is hurt by a herniated disc, spinal stenosis or some other problem. It may give you pain relief.

Preparation

To begin, you lie down. You may be given medicine to help you relax. The injection site is numbed.

Placing the needle

Next, a needle is inserted through this numbed area. The doctor uses a fluoroscope (a video x-ray device) to guide the needle to the space around your inflamed nerve. The doctor may inject contrast dye to make sure the needle is in the right place.

Injection

Finally, the doctor injects the medicine. It bathes the target nerve. If your nerve is inflamed, it can relieve the pain and swelling.

End of procedure

After your injection, you'll be watched for a short time, then you can go home. You may need to come back to have another procedure to relieve your pain. Your doctor will create a plan that's right for you.